



PRIMA NEWS

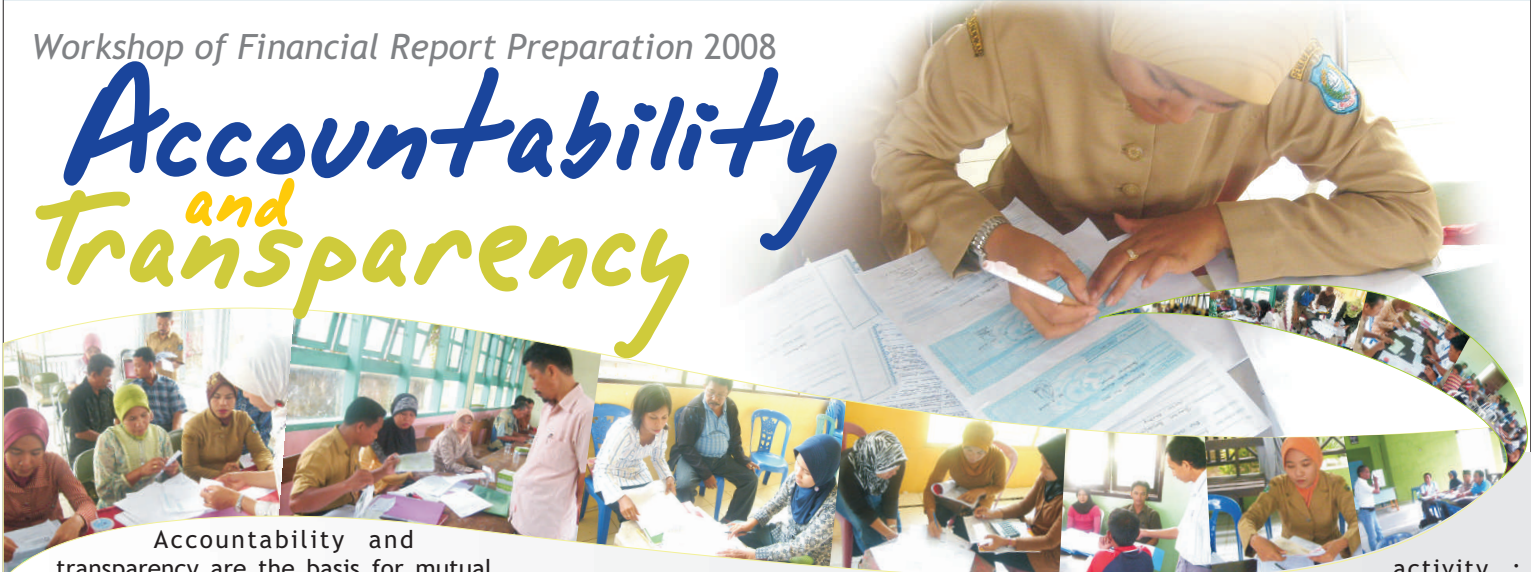
Better Health with Community Participation



Cooperation Program between JICA and South Sulawesi Provincial Government in 2007-2010 with target districts are Barru, Wajo and Bulukumba

Workshop of Financial Report Preparation 2008

Accountability and Transparency



Accountability and transparency are the basis for mutual reliance and cooperation for community-based management, where members of PHCI Teams play active roles. PHCI team of Sub district and village are responsible for what they have to do, and responsible for the fund they receive from PRIMA Kesehatan-JICA or to swadaya fund.

Started on December 10, 2008, Workshop of financial report preparation was held in Gantarang sub-district, Bulukumba. In that workshop, it was explained how to arrange good financial and activity report with accountability and transparency system. The workshop participants who attended were 35 persons.

From PRIMA Kesehatan-JICA Makassar were Mr. Shuhei Oguchi, (PRIMA Kesehatan-JICA expert team), Ricky Djodjobo and Noval Rahman. We had an opportunity to attend and observe that workshop. Also from representatives of KIT

of Bulukumba District; Muh.Alwi, SKM, M.Kes and dr. Abd. Gaffar, M.Epid. Although this was the 1st year for Gantarang, preparation from participants were very good, they arranged financial report very well.

On December 11, 2008, this workshop was held in Elementary School of 186, Ujung Loe Sub-district with total of participants was 52. On December 12, Workshop was conducted in Auditorium of Tanasitolo Sub-district's office, Wajo, with total participants was 36. On December 13, 2008, Workshop was held in Auditorium of Gilireng Sub-district's office, with 38 participants. On December 14, 2008, workshop was conducted in Agriculture Counseling Hall of Maniangpajo Sub-district, Wajo, with 31 participants. On December 17, 2008, workshop was held in Auditorium of Tanete Riaja Sub-district's office Barru with total of participants was 30.

Steps of financial report completion in this workshop started from receipt form: B8-1 and B-2, Expenditure per

activity : B7-1 & B7-2 then to swadaya fund form : B4,B5,B6 next to B2 form about activity summary, and for activity report is in D1-D3 form.

General problem happened in workshop were less of coordination among PHCI team members, for example the receipts were not complete, PHCI members did not bring petty cash book, the treasurer was not present. Other was about the technique of financial report arrangement. The problem that often occurred was B7-1 form completion, which is about general and administrative expenditure, and also B2 form completion about financial summary.

Basically, participants already had experience to arrange financial and activity report. However, some teams from new sub-district of PRIMA Kesehatan, which still had problems in report arrangement like in Gilireng and Maniangpajo Sub-district of Wajo, and also Tanete Riaja Sub-district in Barru. On Mr. Shuhei Oguchi speech, he always suggested to optimize this workshop to be successful in arranging good, clear, accountable, and transparent report.

Table of Contents

by: **Noval Rahman**
PRIMA Kesehatan
JICA Staff

Workshop of Financial Report Preparation 2008: Accountability and Transparency **1**

Interview Report: Temporary Impact of PRIMA Kesehatan Program to Community Behavior and Awareness About Health **2**

Learning Exchange Program **3**

PRIMA Comment **4**

Photo Gallery and PRIMA Health Info **4**



Financial Report is the report about how each PHCI team spent its budget (i.e. Self-financed Fund and Fund from PRIMA Kesehatan). Preparing for this report aims to verify whether all the financial transactions done by PHCI team were properly processed and accountability and transparency were maintained sufficiently.

Activity Report summarizes PHC condition at the beginning, process of the activities, condition at the end of the period, and assessment of the intended and actual achievement made during respective term.

continue to page.2



Accountability and Transparency

No.	District	Sub district	Date	Participant
1	Bulukumba	Gantarang (II)	December 10, 2008	35 persons
		Ujung Loe	December 11, 2008	52 persons
		Gantarang (I)	December 13, 2008	40 persons
		Bonto Tiro	December 14, 2008	42 persons
		Bonto Bahari	December 16, 2008	34 persons
2	Wajo	Belawa	December 10, 2008	40 persons
		Tanasitolo (I)	December 11, 2008	33 persons
		Tanasitolo (II)	December 12, 2008	36 persons
		Gilireng	December 13, 2008	38 persons
		Maniangepajo	December 14, 2008	31 persons
3	Barru	Barru	December 13, 2008	41 persons
		Tanete Rilau	December 13, 2008	42 persons
		Tanete Riaja	December 17, 2008	30 persons

Schedule and Total of Participants of Preparation Workshop of Financial Report PRIMA Kesehatan 2008



Interview Report :

The Temporary Impact of PRIMA Kesehatan Program to Community Behavior and Awareness About Health

On December 5, 2008, expert team of PRIMA Kesehatan JICA, comprised of Mrs. Shiho Sasada, Mr. Shuhei Oguchi and Ms. Saeko Hatta, visited three target districts to conduct interview, together with PHCI team members, midwife and Posyandu cadres in each village or kelurahan we visited. This interview is related to activities proposed by each villages/kelurahan and also the impacts to community in behavior and awareness progress of health.

17 villages/kelurahan were chosen as interview targets, they are 5 from Barru District, 5 from Bulukumba District, and 7 from Wajo District. The chosen Villages/Kelurahan was representatives of sub-district targets under responsibility of Field Consultant.

The visit started on December 5 and 6, 2008 in Barru district. In Barru, We visited Coppo village and Siawung village (Barru sub-district), Garessi and Pao-Pao village (Tanete Rilau sub-district) and the latest was Lompo Tengah village (Tanete Riaja sub-district). In interview, we found information about the impact of activity implementation clearly to awareness and behavior of community in health, like the increase of Posyandu visit, where mothers

who aware about the importance of birth examination, and also awared to their baby growth. We had an opportunity to see Posyandu directly in Garessi village, where head of village plans to help Posyandu rehabilitation by giving contribution, like cement for Posyandu floor.

Next interview visit was to Bulukumba. In this opportunity, we visited Bialo and Gattareng village (Gantarang Sub-district), Tanah Lemo village (Bonto Bahari Sub-district), Pakubalaho village (Bontotiro sub-district) and Salemba village (Ujung Loe sub-district). We found fairly unique activity in Tanah Lemo, where there was an activity about income improvement by selling trash which are processed into fertilizer. We also had an opportunity in concession party for winner of UKS competition in elementary school level in all schools located in Bonto Bahari sub-district, and also in concession for the best of kancing home in PHBS located in all Ujung Loe sub-district. In Bialo village, We visited Posyandu and met with village mid-wife who has been the best mid-wife of South Sulawesi. We also found the positive impacts there. With good cooperation between mid-wife and dukun

(traditional practitioner), the quantity of pregnant women who visited to Poskesdes to examine pregnancy was increased.

On December 14 until December 17, 2008, we visited latest target district, it was Wajo District, and based on schedule, we visited 7 PHCI teams, which were Nepo, Pinceng Pute, and Mappadaelo (Tanasitolo sub-district), Abbatireng (Gilireng sub-district), Tangkoli and Dualimpoe (Maniangepajo sub-district) and Malakke (Belawa sub-district). There, all PHCI teams we visited conducted making toilet activity. There was a clear impact that recently, community is familiar with toilet using, where on the previous condition they liked to defecate in random places. One of activities which became our note was when we visited Dualimpoe Village. PHCI team implemented an activity that basically is a PKK program namely Dasawisma model (Group of ten houses activity). In this activity, PHCI supplied 5 flower pots and trash cans to motivate community in keeping their environment in order to keep clean and health environment.

by : **Fatmawaty Nur**
PRIMA Kesehatan - JICA Staff



Learning Exchange Program



Exchange Program is one of the activities that is important in PRIMA Kesehatan program conducted in three target districts in South Sulawesi. Through this program, community can improve the learning process that related with their experience during the PHCI activities management in each village.

Many benefits were gained by the community after visiting other district, especially for PHCI team from Barru district. They visited Wajo District for 2 days from 28 to 29th of November, 2008. During the visit, they saw process of PHCI activity result directly and interacted with others to gain knowledge, information and wide insight as reference in improving PHCI activity in days to come.

Although in general, there were some similarities of PHCI activities, the process and result were quite different. The differences were in terms of socio-cultural differences of community, and the government's policy and respon, especially in village level. These 2 important differences indicate the influence of local response toward the program, and these also become a starting point of Barru PHCI team in improving the learning process together with Wajo PHCI team in field.

Participation Process

Community participation is a substance of PRIMA Kesehatan program. Therefore, participation process becomes one of main topics where many PHCI members explored this topic during the exchange program discussion.

The lesson got in field (in Wajo) about community participation is that head of village plays important role in socialization activity of PRIMA Kesehatan program and actively motivates community to involve. In this part, head of village becomes the social agent for community change and also as a motivator to encourage PHCI team to have their work maximum.

This kind of approach was played by Wajo KIT together with the field consultant that results the community participation, which is somehow equal in

one certain village. The distinct indicator is easily described on the community who has same knowledge about health problem they faced and the awareness occurred to apply clean and healthy behavior.

PHCI's Organizing Process

Although PHCI's organizing process, where the decision is taken from an agreement the community itself and team members also comprehend that they have a same access in whole PHCI activities, but the process is sometimes dominated by certain member. Therefore, through this exchange program, the participants were expected to re-considered the matter of PHCI organization approach they applied so far.

There is a logic thought occurred among PHCI team that decision taken by the team brings the big influence on the achievement of every activity result. On contrary, the dominance of the certain PHCI members can make the movement of the team is somehow slower and the result does not give advantage for community much wider.

This conclusion was obtained from the participant through the discussion session in field, who asked about the existence of PHCI in developing PRIMA Kesehatan program. The answers given by wajo PHCI team were : they emphasize that each of member were given equal responsibilities and authority in conducting activity, all members are involved in it. The indicator in measuring their statement can be seen from the activeness of all members of PHCI in conducting their activities, started with the preparation up to the evaluation and reporting.

Process of Building Support

Building a stakeholders's support toward PHCI activity is important for the program sustainability. This strategy is one of aspects learnt by Barru PHCI team in exchange program in Wajo.

It was abviously seen that there are supports given by social organization and community leaders especially in sites of Nepo village, Tanasitolo to PHCI activities. This supports were also influenced by the village head's intervention. According to head of village

information, one of the supports given to PHCI is in form of financial support which is ADD fund. The fund is allocated for the land purchasing for Posyandu building. As we know, that land owning for health facility sometimes become a conflict between district government and community.

The financial support of PRIMA Kesehatan is the critical point of sustainability, remembering the experience before; when the donor agency is no longer executing their budget, the program activities are gradually decreased, and turn into stagnant. This is the urgent part where government must involve in taking over this program in order to have it sustains through APBD budget.

The activeness of the head of district health office in target area is a good role model to the decision maker in order to give response of any support. As the technical leader in health sector, the head of health office has a strong power and influence and has a big importance as well in increasing community health status. With those characteristics, his/her support to PRIMA Kesehatan program therefore plays important role to PHCI existency as community institution that has health vision.

Increasing Solidarity

Solidarity spirit had among PHCI members appeared in exchange program activity. During the visit, comprehend interaction was built harmoniously in a relaxed atmosphere. These kinds of relations can improve their emotional relationship.

Emotional relationship among members of PHCI can give direct influence to the motivation and performance on PHCI activities. Other thing is that PHCI members are able to reduce conflict that might become a constraint in participation movement.

In conclusion, it will be much better if, in future, there will be another occasion that can gather them in a bigger number of PHCI members to have much closer relationship. Hope this togetherness can be kept and motivate PHCI team in implementing every activity the conduct. Bravo!

by : Arlin Adam

Field Consultant of PRIMA Kesehatan -JICA
Barru District



Muhammad Jafri, S.Pd.
Secretary of PHCI Team of Bontosunggu Village Gantarang Sub-district Bulukumba District

Condition of society before the existence of PHCI team in Bontosunggu village was no attention from community especially the clean and healthy behavior and no mother and child health care attention. After the PHCI program is existed, the health condition is significantly changed. That change was observed with the community who made their own garbage can and threw their trash into it, and also the increase number of pregnant mothers and babies in visiting to Posyandu, and also the cadres who are motivated to assist the health service when the babies weighing conducted in Posyandu. PHCI activities are as follows; Elucidation of PHBS (Clean and Healthy Behavior), campaign of the importance to keep mothers and babies healthy, Posyandu rehabilitation, and clean water facility procurement.

Beside that, PRIMA Kesehatan in Bontosunggu is included as the successful program in terms of community empowerment in health sector. With the PHCI knowledge and experience, they can conduct the program independently, started from health problem identification up to the planning, proposal making, activity implementation, and to financial report making and monitoring and evaluation. I hope in future, there will be a follow up regarding support from other stakeholder side.

PRIMA Comment

After the existence of PHCI program in Dualimpoe kelurahan at Maniangpajo sub district of Wajo, on the first year of activity, PHCI has brought advantages to community especially about healthy life behaviour and through financial support from PRIMA Kesehatan. Through PHCI, our experience and knowledge are increasing, started from planning, proposal making, and financial management that required honesty and carefulness.

Next, in program management of PHCI, there are good and bad experience we felt. The good part are that the proposed activity is an activity that is based on the community needs, and in managing fund, is not intervened by any side and it is accountable, and it is also possible to meet the Japanese team directly. While the bad experience is that we have to sacrifice our energy and time for field activities. I hope this activity can be applied within the other program available in village/kelurahan.



Tambo
Chairperson of PHCI Team of Kelurahan Dualimpoe Maniangpajo Sub district Wajo District



PHCI of Kelurahan Anabanua Maniangpajo Sub district

PHCI of Kalola Village Maniangpajo Sub district

Wajo

Photo Gallery Posyandu

Pregnant Mother Care



In pregnancy, one of the most important things to support the fetus growth is depending on what you eat and the way you eat in phase of pregnancy. By implementing healthy food diet, it impacts not only making the pregnant mothers become fit and healthy, but also to the fetus growth.

- 1. CHANGE YOUR MEAL MENU, ALTHOUGH YOU HAVE EATEN PROPERLY.**
Because you are now pregnant, therefore your diet has to follow the diet for pregnant mothers. In pregnancy, you need to consume more protein, calory, (for energy), vitamin and minerals such as folat acid, and iron for you and your baby growth. Remember, you need more additional 300 calories per day.
- 2. AVOID FOOD THAT ARE HARMFUL MOTHER AND FETUS**
Raw meat and egg, soft cheese, non pasteurization milk, and also cafein.

- 3. DO NOT DIET DURING PREGNANCY**
Pregnancy is not an appropriate time for you to do diet, it can only harm you and your fetus. Diet during pregnancy can make deficiency of vitamin, mineral and other nutrition that is important during pregnancy. The weight increasing is a positive indicator for healthy pregnancy. Pregnant mother who eat well will gradually have their weight increased, and generally will have healthy baby.

<<< prima health info

- 4. EAT WITH SMALL PORTION, BUT FREQUENTLY**
On first trimester, mother usually feels sick and vomits (morning sickness), try to overcome it by eating small portion but frequently, avoid spicy and greasy meal. Eating with a small portion but frequently is advised to do every 4 hours. Remember, even though you are not hungry, your baby need food / nutrition regularly.
- 5. CONSUME VITAMIN for PREGNANT MOTHER REGULARLY**
Food that you eat is the best vitamin source—but are you sure that the food you eat contains enough vitamin? Therefore, it is necessary to consume vitamin regularly.
- 6. DRINK ENOUGH WATER**
Drink 8 glasses perday, because you need enough water for you and your baby. 33% body weight increase is on liquid. Liquid is needed to build baby red cell for the circulation system, which is fetal membrane. Your body also needs water to make out in constipation phase.
- 7. FIBRE, FRUITS AND VEGETABLES**
Increase high fiber consumption, fruits and vegetables can help to deal with constipation during pregnancy.

It is Important for mothers to have routine check-up in Puskesmas / Posyandu. Remember that your baby growth depends on what you give and do to them. Hopefully this information helps you.

Source: quoted of various source



Best Regards from PRIMA News

PRIMA News editorial accept article input, news and commentary from some parties as media to share information and knowledge to improve this program. The editor retains the right to conduct necessary editing to adjust with the design and layout. Thank you.

JICA **PRIMA Kesehatan**
PRIMA News : Provincial Health Office South Sulawesi 2nd floor Jl. Perintis Kemerdekaan Km. 11 Phone. 0411-589 473 / Fax : 0411-589 273 Website : http://project.jica.go.jp/indonesia/0600379

PRIMA Kesehatan team grieving for passed away one of PHCI member of Bulukumba District :
Andi Rosmiani
Treasurer of PHCI Team of Biato Village
On January 5, 2009
May it happen families that abandoned give strength and firmness from God